



Getting dressed  
and undressed



Concentrating on  
activities

# Helping to get your child reception ready



Parents often ask us what their child will need to be able to do before starting reception class. To help, we have written this guide for you.



Going to the toilet



Recognising their name

You may find it useful to read this through with your child before they start reception, and have practice sessions for anything they are not sure about.

It will help them settle in more quickly and more confidently.



## Getting dressed and undressed

Your child will be taking off their footwear and getting changed for PE. Help your child to dress independently. Also try and choose clothing and footwear that they can easily remove and put on by themselves. Shoes with Velcro fastenings are helpful, and think about easy fastenings on coats and clothes.

Sophie is getting changed for PE.



## Going to the toilet on their own

Your child will need to use the toilet facilities independently which includes wiping themselves, flushing the toilet and washing their hands... so encourage this at home please.

Jack feels grown up going to the toilet on his own.



## Concentrating on activities

During the day your child will need to be able to sit quietly and undertake an activity. So, help them with activities which require some minutes of quiet concentration.

Jack is busy playing with number blocks.



## Recognising their name

We will teach your child how to recognise letters and numbers and write their name. However it will be helpful if your child can recognise their name so they can find their coat peg, class drawer and identify lost clothing.

Sophie is excited to recognise her name in a storybook.







## Following simple instruction

In class our teachers will often ask children to follow simple instruction. So, it would be useful if you try that out at home, asking your child to start and finish a simple task.

Jack is busy cutting out shapes for his schoolbook.



## Counting objects or toys

We will teach your child mathematics, but it would be useful if they were already used to counting to the number ten. You could do this at home by asking your child to count ten toys or ten pencils.

Tara is having fun counting how many pencils are in the box.



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